

Mountaineer

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Mountain Post Historical Center design unveiled

Public Affairs Office

The Mountain Post will get a new museum near Gate 1 in coming years and members of the community were able to take a sneak preview as to what it will look like June 30 at a press conference here.

The Mountain Post Historical Center Board of Directors unveiled the artist's rendering of the 30-foot glass wall structure that will reflect the image of Cheyenne Mountain and the Global War on Terrorism Memorial at the press conference.

The unveiling of the museum's design was done by guest speakers Maj. Gen. Robert W. Mixon Jr., 7th Infantry Division and Fort Carson commander, Lt. Gen. (retired) Edward Soriano and Board Chairman Lou Mellini. Speakers joined a period-costumed military member to place a piece of the artist-rendered puzzle on a display board before the standing-room-only crowd at the event.

The 30,000-square-foot building will house memorabilia from Fort Carson's military role from World War II to present.

Construction is expected to be complete in 2009, pending the project's ability to raise the \$13 million required to build it.

The unveiling also marked the kickoff of a fundraising campaign.

Over the years, the Mountain Post has had several historical holding areas and displays, but they have been located inside the gates of the installation. The new museum will be located outside the main gate, making the facility accessible to the entire Colorado Springs community. The new museum is expected to have state-of-the-art interactive displays similar to those located at the Smithsonian Institute in Washington, D.C.

Mixon said he envisions a true centerpiece for the entire community. "It (the museum) will be a place not only for new Soldiers to be acquainted with the Mountain Post but also a place the entire community can come to learn about the Army and the post.

"It's a tribute to the heroes who've made independence possible," Mixon said, explaining the significance of the unveiling being held on the eve of the

Fourth of July.

Mellini said the project is being done in a community-friendly fashion in what he and other board members hope will be an area "not only for the showing of artifacts but also a place for quiet times for memorials, outdoor artifacts for children and families."

Mellini said the board hopes individual units will submit plans and build memorials outside the Mountain Post Historical Center.

A groundbreaking ceremony is expected next year.

Once operational, the Mountain Post Historical Center will serve as a distinct stop for the numerous veterans and family members of active-duty Soldiers assigned to the post. It will also serve as a focal point for reunions of Fort Carson veterans from all eras since WW II. Additionally, a link with the new Cheyenne Mountain State Park is expected to provide more tourism exposure for the region and closer ties between the post and surrounding communities.



Photo by Susan Galentine, Directorate of Environmental Compliance and Management
Maj. Gen. Robert W. Mixon Jr., 7th Infantry Division and Fort Carson commanding general, right, places a piece of the artist-rendered photo on a display board with the aid of a period-dressed re-enactor at a June 30 press conference outside Fort Carson's Gate 1. The Mountain Post Historical Center is expected to be open in 2009, pending the raising of the \$13 million required to build the 30,000-square-foot structure.

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MUST SEE



NBA Slam Jam at Ironhorse Park.
See Pages 22-23.



Photo by Master Sgt. Dennis E. Beebe

Changing command

Lt. Gen. Raymond T. Odierno, center, 3rd Corps and Fort Hood commanding general, hands the 3rd Armored Cavalry Regiment colors to Col. Michael A. Bills, the new commander of the regiment, during the change of command ceremony at Pershing Field June 29. Col. H.R. McMaster, right, relinquished command.

No ifs, ands or butts

by Douglas M. Rule

Fort Carson Public Affairs

This month, because of the dry weather conditions, both the state of Colorado and the garrison commander have enacted restrictions on open fires. Having lived in Colorado for a while and having seen, firsthand, the devastation caused by the Hayman Fire, this makes good sense.

What doesn't make good sense is some of the behavior I have observed by some drivers.

First off, this is not an anti-smoking column. It is about a safety hazard that often gets ignored; or it is a safety hazard that doesn't even get thought about.

During the time of the Hayman Fire, one restriction that was in place was tossing out cigarette butts from vehicles. One wouldn't think it would be too hard to think about, seeing that a huge plume of smoke made the Front Range look more like a volcano than a

stable mountain range. But still I saw smokers toss out cigarette butts. And the grass was just as dry down here as it was up there. The police could ticket offenders, but I never saw anyone being pulled over.

While many cars no longer come equipped with cigarette lighters, most still come with ashtrays. So why aren't they being used? Maybe it's a pain to empty them, but if smoking is something you enjoy, you should have to clean up after yourself. We enjoy owning a dog and we clean up after her in public places (and yes, there are a lot of dog owners who don't). But this is not a cleaning-up issue, it is a safety issue.

I'm not sure what it is about discarding cigarette butts, but I have noticed that there are two types of smokers: those who are considerate and those who are not. The considerate ones are probably the same ones who ask, "Do you mind if I smoke?" But it is not really a difference here about being considerate or not, but being safe or not.

Cigarette butts may not be totally extinguished when they are tossed out. They can catch dry grasslands on fire and it has happened around here. While downtown Colorado Springs may not be a high-risk area, the outskirts are. Powers Boulevard is heavily traveled with grassy fields on both sides. But just past those grassy fields are families' homes and businesses. It wouldn't take too long, especially on a windy day, for those fires to reach those homes. Those are the homes of people like you and me. I know I would be really angry if I lost my house, with all my belongings, because someone couldn't be bothered to use the ashtray.

There is no way that we are going to prevent all the wildfires. Accidents will happen that catch grass and trees on fire. Lightning will strike. Electrical lines will spark. But each of us can take a little extra precaution at this time. If you do smoke in your car, think twice before tossing out that butt. Your ashtray was made for a purpose. Use it appropriately. And thank you.

POST TALK: What is the best part about living at Fort Carson?



"The great view of the mountains."

Pvt. Patrick Shanley
1st Battalion, 9th Infantry Regiment



"The convenience of having pretty much everything I need right here on post."

Ivy Nichols
Family member



"The changing climate and atmosphere is nice."

Sgt. Bentura Orosco
2nd Brigade, 4th Infantry Division



"All the great activities Fort Carson puts on for the families."

Spc. Marc Frazer
United States Army Garrison



"Being from Kansas, I like the mountain scenery right outside my back yard."

Spc. Michael Hellon
2nd Brigade, 4th Infantry Division

MOUNTAINEER

Commanding General:

Maj. Gen. Robert W. Mixon Jr.

Public Affairs Officer:

Lt. Col. David Johnson

Chief, Print and Web Communications:

Douglas M. Rule

Editor:

Karen Linne

Staff Writer:

Sgt. Clint Stein

Photojournalist:

Master Sgt. Dennis E. Beebe

Happenings:

Nel Lampe

Sports Writer:

Walt Johnson

Layout/graphics:

Jeanne Mazeriall

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NEWS

Motorcycle club takes safety to the streets

Story and photo by
Elaine Wilson

Army News Service

FORT SAM HOUSTON, Texas

— Although he takes pride in his motorcycle gear and pristine Harley-Davidson, James Stubblefield is happy to show off the scratches and scuff marks on his helmet. Each mark represents an injury that didn't happen.

He recalls one day in particular that he averted an injury, and possibly worse.

"I was going to work and just sitting at a red light," said the U.S. Army South employee. "A driver slammed into me and my motorcycle stopped his car. I did a flip and my bike was destroyed."

Luckily, Stubblefield was wearing protective gear. He walked away from the accident unharmed and was back at work the next day.

Dozens of other riders aren't so lucky. Since October, 33 Soldiers have died in motorcycle crashes. According to Army analysis, most of

the riders weren't wearing a helmet and many didn't have training or a motorcycle license.

The severity of the problem is echoed in the civilian world, where motorcycle crashes injured about 76,000 people and claimed more than 4,000 lives in 2004, according to the National Highway Traffic Safety Administration.

To help keep safety at the forefront, the chief of staff of the Army is encouraging seasoned riders to take less experienced ones under their wings through a motorcycle mentorship program.

"Just as we mentor and develop new Soldiers, I am asking experienced motorcyclists to mentor new riders and help them develop their riding skills and knowledge," Gen. Peter Schoomaker wrote in a December 2005 memorandum.

Stubblefield took the suggestion to heart and turned his recreational riding club, called the USARSO Riders, into the Rough Riders Motorcycle Riding Club, a private organization at Fort Sam Houston dedicated to safe riding and



With personal protective equipment in place, James Stubblefield, of U.S. Army South, is ready to ride.

mentorship of inexperienced riders.

The club is open to all military members — active, Reserve and retired — as well as Department of Defense civilians. Whatever the affiliation, Stubblefield is equally

adamant about safety.

"You cannot be a member in the club unless you wear (personal protective equipment); it's mandatory,"

Motorcycle

From Page 3

Stubblefield said, adding that whether people choose his club or another, he would avoid any riding club that didn't stress safety.

Personal protective equipment includes a helmet, long-sleeved shirt, eye protection, over-the-ankle hard-soled shoes or boots, pants, and a reflective vest or belt.

The Rough Riders require members to wear personal protective equipment on and off post, whether affiliated with the military or not.

"I can't figure out why people wouldn't wear the right gear or have the proper training," said Stubblefield. "Maybe they think it's cool, but I don't think it's cool. It's a no-brainer to me."

Stubblefield's safety policy isn't just a personal preference; for military members, it's a requirement.

Anyone riding on a military installation must wear protective equipment and service members

and DoD civilians on duty status are required to wear it off post as well, in accordance with DoD Instruction 6055.4.

Protective gear in place, the Rough Riders take monthly rides through scenic locations in Texas, incorporating families and recreational activities. But it's not just easy riding for club members. Each may be called on to mentor a new member.

The Rough Riders offer a six-month mentorship that walks new riders through every stage of the learning process, from bike selection to safe riding through the Hill Country.

"Mentorship is a very important part of motorcycle education.

"During this phase, good and bad riding habits are established and that is what saves lives and develops safe riders within the community," Stubblefield said.

"I've never seen a club like this that includes recreational activities with such a strong emphasis on safety," said Frenchie Santini, USARSO

civilian employee and a new club member.

Santini went on her first ride June 25, although she rode on the back of a bike this time around.

"After I take the safety course and get my license, my mentor (Stubblefield) is going to help me pick out a bike," she said.

"I can't wait to ride."

A timely emphasis on safety combined with a focus on fun has people talking about the trail-blazing Rough Riders, and Stubblefield has been getting calls from motorcyclists at other military installations looking to start a similar club.

"We're setting up video-teleconferences with other posts so we can share our ideas," he said. "We're happy to help."

For more information on the Rough Riders, call Stubblefield at (210) 355-8735.

Editor's note: For information on local safety clubs contact the Fort Carson Safety Office at 526-3058.

MILITARY

3rd HBCT Soldiers encounter mass casualties

Story and photo by
Sgt. Zach Mott

3rd Heavy Brigade Combat Team

BAQUBAH, Iraq — “Medic!” is a call synonymous with battle; it can rival small arms fire and explosions as often as it is heard in a war zone. On June 26, medics, whether Soldier or civilian, heeded that call at Forward Operating Base Warhorse as 37 casualties were brought to the troop medical clinic at this outpost near Baqubah, Iraq.

Medics, including civilians and members of the U.S. and Georgian armies, treated the Iraqi citizens who were brought to the base after insurgents attacked a crowded marketplace in the village of Kharnabat. The attack was carried out by suicide bombers and small arms fire causing 37 casualties, 21 of which were children, and killing 18 to 20.

The injuries medics and doctors treated on both adults and children and both men and women ranged from

minor shrapnel wounds to gunshot wounds to severe burns to the face that can cause breathing problems.

The main concern with the patients was to stabilize them and get them the proper care their wounds needed. Maj. (Dr.) Jeremy Beauchamp, battalion surgeon, 1-68 Combined Arms Battalion, 3rd HBCT, worked in the immediate care section responding to the most serious cases.

“What we do is go through the initial checklist that they teach in a basic (emergency medical technician),” said Beauchamp of his initial preparation to treat the casualties. “We’re all fairly confident at this point in doing the drill.”

“My medics are fantastic,” said



Medics treat a patient at Forward Operating Base Warhorse. A total of 37 casualties were brought to the base following an insurgent attack on a busy marketplace in Kharnabat, Iraq, June 26.

Staff Sgt. Karen Mutz, a medic with Company C, 64th Brigade Support Battalion, 3rd Heavy Brigade Combat Team.

“They’re the best I’ve seen in ...

12 and-a-half years as a medic in the Army.”

Some medics who don’t normally

Military briefs

Miscellaneous

Post shuttle service ceases — Due to restricted funds, the post shuttle has ceased operations until further notice.

Harmony In Motion auditions — Fort Carson's Harmony In Motion singing group is holding open auditions for sopranos, altos, tenors and basses July 17-21 at Freedom Performing Arts Center. For details visit the Web site at www.carson.army.mil/harmony or call Sgt. Joshua Soelzer at 338-2340 or 524-3618.

Casualty training — Fort Carson holds casualty training July 18-21 from 8:30 a.m.-4:30 p.m. in bldg 1117, the Mountain Post Training and Education Center, room 202B. This training is mandatory for Soldiers assuming casualty assistance officer and casualty notification officer duties. For more information call 526-5613 or e-mail casualty.gl@carson.army.mil.

HMCC closure — Due to budget constraints, the Hazardous Material Control Center will be closed beginning Saturday until further notice. This closure will require Fort Carson units and activities to order, store and issue their own Class II Packaged Products. The HMCC will no longer provide staff assistance visits to unit's hazardous materials custodians. For more information call 526-9094.

Environmental Health training — The Environmental Health section of Preventive Medicine offers heat category monitoring training, food service sanitation training and classes on heat and cold weather injuries, sexually transmitted diseases, hearing conservation and medical threat briefings. For more information on these classes call 526-7922 or 524-2238.

Joint Personal Property Shipping Office — The Joint Personal Property Shipping Office is scheduling group briefings to accommodate Soldiers set to depart the Mountain Post this summer. Individual briefings will not be held except in emergencies. All briefings will be group briefings. Soldiers must make an appointment to attend group briefings by calling 526-3755 or stopping by bldg 1220.

Officer Candidate School board — OCS local board packets must be turned in to the 502nd Personnel Services Battalion, bldg 1118, room 316, no later than Monday. The original application packet plus two copies should be turned in. Packets will be consolidated and those meeting eligibility requirements will be scheduled for the local OCS board to be held July 17-18 from 7 a.m.-5 p.m. at the Elkhorn Conference Center, bldg 7300. Packets for those candidates approved will be forwarded to the Department of the Army for approval during the week of Sept. 11. For more information call 526-5824.

Learning Resource Center offerings — The Learning Resource Center, located in the Education Center, bldg 1117, room 216, offers academic review including GT preparation, GED assistance, placement tests including SAT, ACT, GRE, GMAT and more. Patrons may also use computers to check e-mail, surf the Internet or navigate desktop application tutorials. Hours of operation include Monday-Thursday 9 a.m.-8 p.m. Friday 9 a.m.-5 p.m. and Saturday 10 a.m.-3 p.m. For more information call the Learning Resource Center at 526-4058/8077.

DPW services — Do you know who to call when a windstorm causes damage to your facility, overturns a portable latrine or when trash containers are overflowing?

The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper, and cleaning motor

pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — KIRA service order desk at 526-5345. Use this number for emergencies or routine tasks.
- Refuse/trash — Call Virgil Redding at 526-6676 when needing trash containers, trash is overflowing or emergency service is required.
- Facility custodial services — Call Larry Haack at 526-6669 for service needs or to report complaints.
- Elevator maintenance — Call Larry Haack at 526-6669.
- Motor pool sludge removal/disposal — Call Don Phillips at 526-9271.
- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.
- Base operations contract COR — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.
- Portable latrines — Call Fred Buckner at 526-6676 to request latrines, for service or to report damaged or overturned latrines.

CIF Hours

Regular business hours

Due to the number of Soldiers who need to clear the Central Issue Facility during June and July, CIF is adjusting its operating hours temporarily. CIF will revert to normal operating hours Aug. 1. Soldiers may make turn-in appointments by calling 526-3321. Listed below are the new operating hours.

Initial issues

Monday, Wednesday and Friday 7:30-11:30 a.m.

Partial issues

Monday and Wednesday 1:30-3 p.m. and Friday 7:30-11:30 a.m.

Cash sales/report of survey

Monday through Thursday from 7:30-11:30 a.m. and 12:30-3 p.m. and Friday from 7:30-11:30 a.m.

Direct exchange

Monday and Wednesday 1:30-3 p.m. and Friday 7:30-11:30 a.m.

Partial turn-ins

Monday through Thursday from 12:30-3 p.m.

Full turn-ins

Monday, Wednesday and Friday 7:30-11:30 a.m. and Tuesday and Thursday from 7:30 a.m.-3 p.m.

Unit issues and turn-ins

Call 526-5512/6477 for approval.

Hours of operation

Education Center hours of operation — The Mountain Post Training and Education Center's hours are as follows:

- **Counselor Support Center** — Monday through Thursday, 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.
- **Army Learning Center and Basic Skills Classes** — Monday through Thursday, 9 a.m.-noon, closed training holidays.
- **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday through Friday, 7:30-11:30 a.m. and 12:15-4:15 p.m., closed training holidays.
- **Basic Skills Education Program/Functional Academic Skills Training** — Monday through Thursday, 1-4 p.m., closed training holidays.
- **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m., closed training holidays.
- **Military Occupational Specialty Library** — Monday through Friday, 10 a.m.-2 p.m., closed training holidays.
- **Legal Assistance hours** — Operating hours for the Legal Assistance Office are Monday-Thursday

from 9 a.m.-5 p.m. and Friday from 9-11:30 a.m. and 1-4 p.m.

Claims Division hours — The Claims Division office hours are Monday through Thursday from 9 a.m.-5 p.m., Friday from 8 a.m.-1 p.m. and closed federal and training holidays. To make a claim, Soldiers must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

DFAC hours — Fort Carson dining facilities operate under the following hours:

Wolf Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Indianhead Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Butts Army Airfield — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

Patton Inn — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Striker Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

10th SFG — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

Briefings

Special Forces briefings — will be held Wednesday at bldg 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m. Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical. Call 524-1461 or visit the Web site at www.bragg.army.mil/sorb.

ACAP briefing — The Army Career and Alumni Program prepreparation briefing is required for all departing service members.

Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. ACAP prepreparation briefings are held Monday through Friday from 7:30-9 a.m. Attendees should report to ACAP by 7:15 a.m., bldg 1118, room 133. Call 526-1002 to schedule the briefing.

ETS briefing — ETS briefings for enlisted personnel will be held the first and third Tuesday of each month until further notice. Briefing sign-in begins at 7 a.m. at bldg 1042, room 310.

Briefings will be given on a first-come, first-served basis. Soldiers must be within 120 days of their ETS but must attend the briefing no later than 30 days prior to their ETS or start date of transition leave. Call Orlando James at 526-2240 or e-mail Orlando.James@carson.army.mil.



BOSS meeting — The post BOSS meeting, for BOSS representatives, meets the third Thursday of each month at Xtremes from 1:30 to 3:30 p.m. For information, call 524-BOSS.

3rd HBCT

From Page 5

work out of the TMC were in the midst of other activities when the call came to respond to an inbound mass casualty.

"I was getting ready to go to the gym," said Spc. Joshua Randles, Company D, 1-68 CAB.

"(When I got here) I started treating the wounds as calm as possible."

Randles said he found just helping out to be a justification of his skills as a medic.

"It's good to be able to get my hands on a patient," he said. "I feel like I'm helping either by starting an IV or just smiling at a kid."

Once treated, 32 of the more severe patients were medically evacuated by air to level three U.S. hospital care. Also, five were taken to Baqubah General Hospital with minor wounds.

"There are countless people that we're helping out that otherwise might not make it," Beauchamp said.



Photo by Master Sgt. Dennis Beebe

A bid farewell

Twenty-four Soldiers, their spouses and children stand on Manhart Field during a retirement ceremony June 28. Lt. Gen. Joseph R. Inge, deputy commander, United States Northern Command and vice commander, United States Element, North American Aerospace Defense Command, was the reviewing officer, who, along with Garrison Command Sgt. Maj. Joseph P. Van Dyke, presided over the retirement ceremony.

USNORTHCOM, Canada Command working together to secure North America

by Tech. Sgt. Devin Fisher

United States Northern Command

United States Northern Command has a new partner in defending North America from future terrorist and natural disasters.

During his first official visit as the commander of Canada Command, Lt. Gen. Marc Dumais promised the two nations would take their already strong military cooperation to new heights.

Canada Command is the Canadian Forces formation responsible for the conduct of all routine and contingency domestic operations.

The creation of Canada Command was based on the new international security environment and a commitment to place greater emphasis on the defense of North America.

Dumais, who took charge of Canada Command May 19, visited his counterparts here June 29-30 to establish relationships with USNORTHCOM Commander Adm. Timothy J. Keating and his senior staff and get a first-hand look at the command's operations.

"Clearly, you can have all the protocols in the world, but it really comes down to personalities and relationships ... that's how things really get done," Dumais said.

"Furthering the relationship between Canada Command and Northern Command was an important first step for me."

The general said Canada and the United States can capitalize on the unique binational relationship that dates to the 1958 creation of the North American Aerospace Defense Command, which is co-located with USNORTHCOM and shares the same commander.

"Both nations have very strong historical ties, cultural ties and even family ties," Dumais said. The two nations had a "common concern and threat with respect to the Cold War and the Soviet block.

"Since 9/11, the threat has changed dramatically ... so we need to establish new ways of ensuring military-to-military cooperation to counter this threat."

Noting that Northern Command has been operational for nearly four years and Canada Command just officially stood up Feb. 1, Dumais said, "We have a lot that we can learn from Northern Command."

"We have similar challenges in the way we might be called upon to respond inside our respective nations," Dumais said.

"In the event of a natural disaster or other calamity, we can't be there too early, but certainly it's unacceptable to be there even a few minutes too late.

"It's a matter of always being prepared and having all the necessary coordination done in advance so that when the military is called upon, the response time is a matter of hours and not days.

"While we have responsibilities toward our own respective governments, there's also a very strong need to work collaboratively, to be in a position to

assist one another, should that be necessary," Dumais said.

Dumais stressed the importance of being prepared to deal with an "event of magnitude" that crosses the U.S.-Canada border in an effective binational and bilateral way. The relationship between the two commands will enhance support between the nations during events like Hurricane Katrina last year in the United States and the 1998 Canadian ice storm, he added.

Another takeaway from the visit for Canada Command is how USNORTHCOM has implemented its enlisted force into the operation, said Command Chief Warrant Officer Eric Christensen, command chief warrant officer of Canada Command, who accompanied Dumais on the trip.

"It's important to see how noncommissioned members down here at USNORTHCOM are implemented," he said, "because Canada Command is currently an officer-centric command."

Christensen said he's trying to increase the number of noncommissioned members at Canada Command headquarters, and seeing how enlisted members are employed at USNORTHCOM will help "show me which road to go down."

Dumais hopes to reciprocate USNORTHCOM's "warm hospitality" next week when Keating travels to Calgary to meet with the Canadian chief of the defense staff, Dumais and other Canada Command senior leadership.

IA assumes control in Diyala Province

Story and photo by Sgt. Zach Mott

3rd Heavy Brigade Combat Team

BAQUBAH, Iraq — The Lion Brigade, as the 2nd Brigade, 5th Division is dubbed, took control of the region surrounding Baqubah from the 1-68th Combined Arms Battalion, 3rd Heavy Brigade Combat Team, in a July 1 transition of authority ceremony under the unrelenting Iraqi sun.

“Law and security will reign again in Diyala because of the valiant and courageous efforts of the soldiers standing before you today,” said Lt. Col. Thomas Fisher, commander, 1-68th CAB, at the ceremony.

Fisher’s troops, who helped usher the inexperienced Iraqi Army soldiers into their current leading role, have conducted operations with the Lion Brigade that range from combat patrols to weapons searches and assaults on insurgent groups in the area.

Gen. Samon Talabany, commander, 2nd Bde., 5th Iraqi Army Division, spoke to the crowd about the achievements his troops have enjoyed along with the American counterparts.

One such notable event for Talabany’s Soldiers was securing the last known safe house of Abu Musab al-Zarqawi following the air strike that killed al Qaeda in Iraq’s top man June 7.

“We consider it a great honor to work with the brave and noble soldiers of your brigade and we remain committed to supporting your efforts and those of the Iraqi people. Anytime, anywhere,” Fisher

said in his remarks to Talabany.

The Lion Brigade will now take a principal role in securing its nation. Each success the unit enjoys is further validation that a new Iraq is beginning to succeed. Fisher compared this lengthy process of

establishing a flourishing government and military to growing tea. “The mission of this brigade is to protect this young crop (young government) until it is tall and strong and then there will be tea for all Iraqis to share,” Fisher said.



Lt. Col. Thomas Fisher, left, commander, 1-68th Combined Arms Battalion, 3rd Heavy Brigade Combat Team, and Brig. Gen. Samon Talabany, commander, 2nd Brigade, 5th Division, salute during the playing of the Iraqi and American national anthems during a transition of authority ceremony July 1.

Unfurling the flag

Lt. Col. John W. Thompson, commander of 1st Squadron, 6th Cavalry Regiment, and Command Sgt. Major Stephen B. Waller uncse the squadron's colors at an activation ceremony June 30 at Butts Army Air Field. In order to keep its OH-58 Kiowa helicopters at Fort Carson, the unit was disassociated from the 3rd Armored Cavalry Regiment, which is moving to Fort Hood, Texas. Renegade Troop, 4th Squadron, 6th Cavalry Regiment, assigned to the Medium Combat Aviation Brigade, 1st Infantry Division, Fort Riley, Kan. The 1st Sqdn, 6th Cav Reg consists of a headquarters troop, three air cavalry troops, an aviation support troop and a forward support troop, all stationed at Butts Army Airfield.



Photo by Master Sgt. Dennis E. Beebe

COMMUNITY

Fort Carson hosts ...

Motor Vehicle Safety Day and Motorcycle Rodeo

Story and photo by Sgt. Clint Stein

Mountaineer staff

This year could be one of the worst for motor vehicle accidents in the past 20 years, according to the Fort Carson Safety Office.

To help raise awareness about the importance of motor vehicle safety, Fort Carson hosted a Motor Vehicle Safety Day and Motorcycle Rodeo June 30 at the Special Events Center.

The Safety Day was something that Maj. Gen. Robert W. Mixon Jr., 7th Infantry Division and Fort Carson commanding general, wanted to do before the Fourth of July weekend said Ben Hutchinson, safety and occupational health specialist for Fort Carson. "People are getting killed every day in vehicle accidents and an inordinate amount of them are Soldiers," said Hutchinson. "We wanted to use this event to help get the message across to be safe."

At the event, there were opportunities to see the latest in safety technology for motorcycle riders, get personally owned vehicles inspected and for motorcycle riders to compete for trophies and prizes. There was also a "Jaws of Life" demonstration by the Fort Carson Fire Department, child seat demonstration by the safety office and a drunk driving simulation using "drunk goggles" that people could take part in.

Vendors who attended the safety day event donated such items as motorcycle helmets and a safety jacket. A drawing was held at the end of the day giving those who entered an opportunity to win the donated items.

The safety jacket is something that David Braadland said he would love to win. Braadland, who has been riding motorcycles for the past 15 years, said he would trade in the leather riding jacket he currently owns for the safety jacket anytime. "The safety features alone on these jackets make them worth the price," said Braadland. "But really, these jackets aren't that much more (expensive) than a good leather riding jacket."

The jackets were first introduced in Europe and are being worn by many European law enforcement motorcyclists, said Cheryl Steele, a sales representative for the jacket and ex-motocross racer.

The unique thing about the

safety jacket is that it inflates with air when the safety cable is pulled from it. The cable is attached to the motorcycle while the person is riding it, and in the event of an accident where the rider is thrown from the motorcycle, the cable is pulled, inflating the jacket, said Steele.

Air is released from a carbon dioxide cartridge which inflates certain chambers within the jacket in less than a half a second, said Steele. She explained that when the jacket is inflated it protects the vital organ areas of the body, spine and neck.

"Back and neck injuries are the leading cause of death-related accidents in motorcycle crashes," she said.

The jacket also comes equipped with built-in elbow pads and made with reflective material that meets the Army safety standard for motorcycle safety. Braadland, who after being introduced to the safety jacket, said he hopes the Army will eventually make the safety jacket another requirement for Soldier motorcyclists.

Currently, all military personnel are required to wear a helmet while riding a

motorcycle, according to Department of Defense Instruction 6055.4. Although Colorado law doesn't require motorcyclists to wear helmets, Hutchinson said that doesn't make a difference for service members because they have to wear a helmet at all times.

Hutchinson said he hopes that not only service member riders wear a helmet, but all motorcycle riders take proper safety precautions when riding and wear a helmet whether the state requires it or not. "

There have been a lot of motorcycle related deaths so far this fiscal year," said Hutchinson.

"I think a lot of people are starting to get motorcycles because of the increasing gas prices and they need to be aware of all the safety risk of owning one."

Fort Carson offers a motorcycle safety training course that is required of all Soldiers who own and operate a motorcycle.

For more information about the course people can contact the Fort Carson Safety Office at 526-2123 or visit the Motorcycle Safety Foundation Web site at www.msfsa.org.



Sgt. 1st Class Alan Flinn, left, member of the Veterans of Foreign Wars Warriors Riding Club, inspects Sgt. David Gilmore's motorcycle before Gilmore rides through a skills test course during a motorcycle safety competition at the Motor Vehicle Safety Day and Motorcycle Rodeo June 30 at the Special Events Center.

Community briefs

Miscellaneous

Road closure — Titus Boulevard from St. Lo Drive to Specker Avenue will be closed through July 20. There may also be delays as construction equipment is moved across Titus Boulevard and Butts Road south of the Specker/Titus intersection.

Veterinary Treatment Facility — The Pikes Peak Humane Society will no longer accept stray animals from the Fort Carson Veterinary Treatment Facility. This means the VTF will be forced to euthanize pets not claimed after three working days. Fort Carson residents must microchip their pets, according to post regulations. To update existing microchip contact information call Home Again at (866) 738-4324 or Avida at (800) 366-2843. All other microchips are not readable by the VTF. Call the clinic at 526-3803 for more information.

An after-hours clinic for microchipping will be held July 17 from 6-8 p.m. at the VTF. This is a walk-in clinic so no appointments are required. No other services will be available. Call 526-3803 for details.

Helping Hands Golf Tournament — The second annual Helping Hands Golf Tournament will be held July 28 at Cheyenne Shadows Golf Course. The tourney benefits Catholic Charities Marian House. For more information call 633-2064.

Developmental Disabilities Awareness Day — Eight sites around Colorado Springs including Acacia Park, Antlers Hilton/Palmer Terrace, Pikes Peak Library District branch facilities and Security Service Field will host activities for Developmental Disabilities Awareness Day, Sept. 1. A total of 21 different presentations, activities and productions will take place at these sites. A complete list of activities and locations may be found at the Web site www.tre.org.

Cheyenne Mountain Lions Club — The Cheyenne Mountain Lions Club hosts its annual picnic and fundraiser Saturday at Fountain Creek Regional Park, Highway 85/87 and Duckwood Lane. Cost for adults is \$20, children 4-12 is \$10. Ticket sales begin at 3 p.m., dinner at 5:30 p.m. and the show begins at 6:30 p.m. For ticket information call Bill Galvan at 597-4905 or 574-4832, extension 37.

National Night Out — National Night Out is also known as American's Night Out Against Crime. This year's event will be held Aug. 1 at the Main Post Exchange parking lot. NNO is designed to heighten crime and drug prevention awareness and strengthen the spirit of neighborhoods and community partnerships. Come join Army Community Service and other organizations on post as they celebrate NNO. For details call 526-4590.

Career fair for veterans — The Recruit Military Career Fair is a free event for veterans, transitioning military personnel, National Guard members, Reservists and their spouses. Job seekers need not preregister but should bring 12 copies of their resume to the event. The career fair is July 12 from 11 a.m.-3 p.m. at Wings Over the Rockies Air and Space Museum in Denver.

Celebrate Guam Liberation Day — The Chamorro Community of Colorado celebrates the 62nd anniversary of Guam's Liberation Day July 22 at 11 a.m. at John Metcalfe Park in Fountain. A potluck lunch will be held to commemorate the occasion in honor of the men and women of the armed forces. R.S.V.P. no later than July 14 by calling 209-2364, 471-9378 or e-mail slatoe@yahoo.com.

Colorado Springs Memory Walk — The Colorado Springs Memory Walk is a pledge event that raises money to support programs and services of the Alzheimer's Association, Rocky Mountain Chapter. It benefits persons with Alzheimer's

disease, their family members and caregivers. The event is a five-kilometer walk held Sept. 9 at Antlers Park. Teams are forming now. Register by phone or online at 266-8773 or www.coloradomemorywalk.org.

Hypertension class — Do you have high blood pressure? Do you want to lower your risk of heart disease? A hypertension class is presented every other Thursday from 10:30 a.m.-12:30 p.m. in the Wellness Center, bldg 1526. To register or for more information call 526-7022. The class is presented by Disease Management and Nutrition Care.

Career fair — The Employment Readiness Program, Army Community Service, is hosting a career fair in partnership with local companies at the Special Events Center, bldg 1829, today from 11 a.m.-2:30 p.m. The fair will focus on assisting military spouses, family members, transitioning service members, National Guard members, Reservists and retirees in finding employment. Bring your resume. For details contact ACS at 526-4590/0452.

CASA needs volunteers — Court Appointed Special Attorney is a nonprofit organization that provides a volunteer's voice in court for children who are victims of abuse, neglect or domestic conflict and promotes community awareness of these issues. If you'd like to make a difference in a child's life, the Supervised Exchange and Parenting Time Program may be ideal for you. The SEPT volunteers oversee court-ordered parenting time and protect children from witnessing parental disputes when they're being exchanged from one parent to another. If you are over 18, have no felony convictions and can devote seven-12 hours per month, contact CASA at 447-9898, extension 1020, or e-mail reginar@casapp.org.

Women's Equality Day workshop — Fort Carson hosts a Women's Equality Day workshop Aug. 14 from 8 a.m. to 4 p.m. at the Elkhorn Conference Center, bldg 7300. Cost is \$5 per person and includes lunch. Please note the reduced rate. A choice of menu is being offered: vegetarian, roast beef or turkey. A free information fair will be held throughout the day. Please R.S.V.P. by Aug. 7 by contacting Barbara Dowling or Patricia Rosas at 526-0864 or 526-5818.

Burn ban in effect — Due to the dry weather conditions, Garrison Commander Col. Michael Resty Jr. has imposed a burn ban. Residents should refrain from using all open-flame charcoal or wood cooking, barbecue and heating devices that are not allowed on public property (parks and open spaces). This ban does not restrict cooking within family housing areas but residents are asked to use care when doing so. For more information call the Fire Prevention Branch, Fire and Emergency Services, at 526-2679.

Brown Road closure — Brown Road will be closed until Aug. 1. Brown Road currently only supports vehicles under 10,000 pounds. It is being upgraded to support increased vehicle loads to service Butts Army Airfield and facilities along Wilderness Road. Motorists may experience delays and disruptions along the following routes as work begins on heavy bridge facilities: Titus Boulevard between Sheridan and Barkley avenues; Specker Avenue between Khe Sahn Street and Magrath Avenue; and Butts Road between Specker Avenue and Bad Toelz Road. For more information on road closures contact Rick Orphan at 526-9267 or Maj. John Hudson at 526-4974.

Teller County Fire Chief's Open Golf Tourney — Teller County Fire Department hosts a golf tournament Aug. 3 at Cheyenne Shadows Golf Course at Fort Carson. Deadline for registration is July 25. All proceeds go to the Teller County Fire Chief's Association for training and to help build

Army Community Service
Family Readiness Center, Bldg 1526
TEL: (719) 526-4590

FORT CARSON
2006 YARD SALES

1st & 3rd Saturday of the month (April thru December)

8:00 A.M. to 3:00 P.M. / Installation Wide

July 1 and 15

August 5 and 19

September 2 and 16

October 7 and 21

November 4 and 18

December 2 and 16

Yard sales are organized and conducted by the Installation Mayoral Program, the DPW Housing Liaison office and the GMH Military Family Housing office with the assistance of the Military Police. Yard sales on the installation can only be conducted on the above specified dates. Citations are issued for not adhering to the dates and guidelines. Make up days (inclement weather) are the Saturday following a regularly scheduled date. Single soldiers and military families (active or retired) which reside off the installation can also participate by setting up in the parking lot of Beacon Elementary School. Installation residents can set up in front of their homes. For more information, call (719) 526-4590.

a new hospital in Woodland Park. Cost for single players is \$120, for a foursome is \$480. There will be raffles and prizes including a motorcycle from Biker's Dreams in Colorado Springs, golf clubs and more. For registration call Dianna Taylor at (303) 907-0049 or (719) 484-0679.

Post Traumatic Stress help — "LZ Calvary" is a small group Bible study and support group for veterans experiencing the effects of post traumatic stress disorder. Join a group of veterans who are experienced in combat-related problems and who have successfully dealt with the memories and effects of combat as we work through PTSD-related problems through the study of God's word, fellowship and group discussion. Meetings are held Mondays at 10 a.m. at Grace Brethren Church, 2975 Jet Wing Dr. Call Robert P. Schaffer at 390-8096 or 510-6009 for more information.

Alcoholics Anonymous — Alcoholics Anonymous meetings are held at Veterans Chapel Wednesdays at 7 p.m. For more information call 322-9766.

Claims against the estate — Anyone with claims against the estate of or indebtedness to Pfc. Timothy J. Madison, deceased, should contact 2nd Lt. Mark Miller at 524-5740.

• Anyone with claims against the estate of or indebtedness to Sgt. James P. Muldoon, deceased, should contact 1st Lt. Branden Graversen at 524-1173.

• Anyone with claims against the estate of or indebtedness to Staff Sgt. Marion Flint Jr., deceased, should contact 1st Lt. Branden Graversen at 524-1173.

Is it time to clean house?

Commentary by Chap. (Capt.)

Patrice Robichaux

2nd Brigade Special Troops Battalion

I recently went home on leave and while home, I visited a friend. I remember driving into the driveway and being caught up in the beauty of the landscaped yard. Every inch of the yard and house surrounding the yard was manicured.

The grass was so green and healthy it seemed to brighten the beautiful house exterior. As I walked into the house, however, I was stunned by the mess around me. Piles of clothes, newspapers, magazines, blankets, shoes and many other items filled the house.

I inquired about some of the things and my friend said she could not bring herself to part with the items. She said the things around her mean something to her, and many of them remind her of past memories and events. It wasn't important to her to have a tidy home on the inside she commented, but it was important that the outside meticulously clean.

As I pondered the visit, I found that the experience is much similar to many lives of Christians. The experience challenged me to examine my own life. Was I exposing a meticulous external when really on the inside I was keeping past baggage and cluttering up my internal home? What is keeping me from living the holy life that God intended?

The writer of Hebrew 12:1 tells us, *"So we must get rid of everything that slows us down."* We don't have to carry the items/the cares of life with us

everywhere we go. In 1 Peter 5:7 *"Cast all your anxiety, cares, worries on him (Christ) because he (Christ) cares for you."* In 1 Peter 1:15, *"But just as he who called you is holy, so be holy in all you do; for it is written: 'Be holy, because I am holy.'"*

So there are two observations:

1. Get rid of hindrances and anything that keeps you in that too familiar place that brings you down. Lay your cares before God, and leave them there.

2. Live a holy and righteous life. We can't live a holy and righteous life if there is filth on the inside.

When we rid ourselves of clutter, we are able to move about more freely with less stress and have a clear view of what is before us. The word "holy" means "pure." How do we become pure? By getting rid of impurities we become holy.

Holiness sounds scary. It need not be, but to the average American it is. Our tendency is to say that holiness

is something for the cloistered halls of a monastery. It needs organ music, long prayers and religious-sounding chants.

Author John White seems to agree with that as he wrote in *"The Fight"* the images that came to his mind when he thought about holiness: thinness, hollow-eyed gauntness, beards, sandals, long robes, no sex, no jokes, fasting, hours of prayer, clean fingernails, stained glass and self humiliation.

Is that the mental picture you have when you think of holiness?

Many people do. It is almost as though holiness is the private preserve of an austere group of monks. But nothing could be further from the truth.

I couldn't be in greater agreement with Chuck Colson's statement in *"Loving God:"* *"Holiness is the everyday business of every Christian. It evidences itself in the decisions we make and things we do, hour by hour, day by day."*

So my challenge to you is this, is it time to clean house? Take time to rid yourself of things holding you back from a holy and righteous life.



Chapel

Catholic religious education — The Catholic Religious Education process will begin Sept. 10. Registration forms will be available at Soldiers' Memorial Chapel in the library in August.

For more information contact Pat Treacy at 524-2458.

Catholic faith information classes — Inquiry sessions will begin July 17, 8 a.m. at Soldiers' Memorial Chapel. Adults who are interested in becoming Catholic and those who want to learn more about the faith are encouraged to attend.

Call Pat Treacy 524-2458 or Chap. (Col.) Richard Goellen at 526-5769.

Calling all volunteers — Volunteers are needed for chapel programs. Contact Dennis Scheck at 526-5626.

Catholic Women of Fort Carson — Catholic Women of Fort Carson will meet several times monthly beginning in September. Free child care is available. New officers are also needed. For more information call Chap. (Col.) Richard Goellen at 526-5769.

Choir members sought — New singers wishing to sing with the choir at Mass may come prepare with the choir during the following times: Saturday, meet at 4:15 p.m. for 5 p.m. Mass; Sunday, meet at 8:15 a.m. for 9:15 a.m. Mass.

For more information call Kathy Jewell at 268-1835.

Summer worship — Summer worship at Soldiers' Memorial Chapel is held Sundays at 11 a.m. Children's church for those age 4-12 is held during the worship service. Youth activities are held monthly.

Chapel Schedule

ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Cartee/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Meeker/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Zusi/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511
Sunday	9 a.m.	Samoa	Veterans'	Titus	Chap. Pies/526-3888

JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

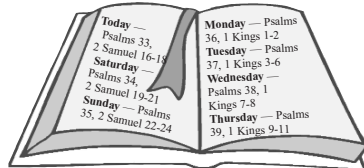
WICCA

Monday 6:30 p.m. bldg 4800, corner of Harr and O'Connell Rhonda Helfrich/338-9464

NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

Daily Bible readings: To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



The Army Cycle of Prayer — Please pray this week for the following:

Unit: For the Soldiers and leaders of the United States Army Reserve 90th Reserve Readiness Command, headquartered in North Little Rock, Ark.

Army: For the Soldiers and leaders of the 1st Armored Division, located in Wiesbaden, Germany, forward deployed in support of Operation Iraqi Freedom.

State: For the Soldiers and families from the state of Pennsylvania. Pray also for Gov. Edward Rendell, the state legisla-

tors and municipal officials of The Keystone State.

Nation: For the rich heritage and freedoms of our great nation.

Pray for our leaders as they work to further democracy with others around the world.

Religious: For all Soldiers and families from The Progressive National Baptist Convention. Pray also for the chaplains endorsed to military service by this community of faith.

For more information on the Army Cycle of Prayer visit the cycle's Web site at www.usarmychaplain.com

Two Soldiers qualify for NATO Chess Championships

Story and photo by Tim Hipps

Army News Service

JACKSONVILLE, Fla. — Two Soldiers earned berths in the NATO Chess Championships by virtue of their top-six finishes in the 2006 Inter-Service Chess Championships June 12-15 at Naval Air Station Jacksonville, Fla.

Reigning All-Army chess champion 2nd Lt. Arthur Macaspac of Fort Hood, Texas, and Lt. Col. David Hater of Fort McPherson, Ga., placed fourth and fifth respectively. They qualified to compete in the 17th annual NATO Chess Championships scheduled Aug. 20-26 at Wellington College in Crowthorne, England.

Hater is scheduled to make his eighth appearance in the NATO Championships.

"It's probably the highest level of competition I've ever been able to play in," said Hater, 40, who has competed at NATO tournaments in Norway, Denmark, France, England, Germany, Belgium and the Netherlands. "In the Netherlands in 2004, I actually achieved a World Chess Federation rating for the first time. Even though I'm one of the best players in the Army, I normally finish in the middle of the field in NATO."

The Army placed more than one representative on the U.S. military team for the NATO Championships for the first time since 2001 when Sgt. Rudy Tia Jr., Spc. Joseph Kruml and Staff Sgt. Charles Costales swept the top three spots at the Inter-Service Chess Championships.

Master Sgt. Andre Hortillosa of Fort Polk, La., finished 15th in the seven-round Swiss tournament

waged between six-man teams from the U.S. Air Force, Marine Corps and Navy. A 10-time member of the All-Army chess team, Hortillosa, 44, competed in six NATO Championships. He plans to retire from the Army next June.

Air Force won the Inter-Service team title with 26.5 points, followed by Navy (20.5), Marine Corps (18) and short-handed Army (12). Because of budget restraints, the Army did not field a full team, said Kris

D'Alessandro, recreation center program manager at the U.S. Army Community and Family Support Center in Alexandria, Va.

After serving nearly a decade in the Navy without getting to play in the Inter-Service Chess Championships, Macaspac, 32, wasn't about to be denied this opportunity.

"When I was active duty back in 1994 until '98,



Master Sgt. Andre Hortillosa (seated) is surrounded by competitors at the 2006 All-Army Chess Championships at Fort Myer, Va. Hortillosa finished 15th in the 2006 Inter-Service Chess Championships June 12-15 at Naval Air Station Jacksonville, Fla.

there was no funding for the Navy so I didn't have a chance to play," he said. "When I got out and joined the reserves, they said I couldn't play because I was in the reserves. That's why I'm so grateful now to qualify to play NATO."

Navy Personnelman 1st Class Narciso Victoria

Chess

From Page 16

won the Inter-Service individual crown for the third consecutive year. Stationed at Naval Support Activity in Philadelphia, Victoria is a master-rated player with a U.S. Chess Federation rating of 2,202.

His only loss in the tourney was a first-round setback at the hands of 11th-place finisher Master Gunnery Sgt. James Adkins of Marine Corps Air Station Cherry Point, N.C.

Air Force Master Sgt. Dan Ranario of Pope Air Force Base, N.C., finished second, followed by teammate Staff Sgt. Robert Bucholtz of Schriever Air Force Base.

Marine Corps Master Gunnery Sgt. Dwaine Roberts, who finished ninth, completed the U.S. military team for the NATO Championships. The top finisher from each branch of service earns a spot on Team USA.

Hater said this is one of the strongest U.S. teams in recent memory.

"I think we actually have a chance of winning a medal with one master and five

experts (based on USCF ratings) on the team this year," he said. "To the best of my knowledge, we haven't had six experts or better in quite some time. A bronze (team medal) is a very realistic goal. If we could somehow get silver, I would be ecstatic."

Germany, which has a military chess program similar to the U.S. Army World Class Athlete Program, is a powerhouse in NATO chess. Since 1989, the Germans have won the tournament 12 times with second- and fourth-place finishes to boot. There was no NATO tourney in 1993, and the Germans skipped the event in 1996.

Although the odds are stacked against Team USA winning the NATO championship, Hater said Soldiers relish competing at the pinnacle of military chess.

"It's a tremendous honor any time you get to represent your country in anything," he said.

"We get to meet other Soldiers, Sailors, Airmen and Marines from other countries. We establish friendships with them and I think that's important, too."



Photo by Master Sgt. Dennis E. Beebe

Fabulous Fourth

Fort Carson Soldiers set off artillery charges while the "1812 Overture" is being played by the Army Field Band and the Colorado Springs Philharmonic at Memorial Park Tuesday. Despite impending rain showers, community members were able to get their dose of fireworks in before scurrying for home.

Importance of hydration on athletics

by Christine N. Levy

Evans Army Community Hospital

Spring and summer temperatures bring out all types of athletes to various sports events sponsored throughout the region. Most people focus primarily on their ability to do the event itself, not what can dramatically limit their performance or even harm them ... their fluid status. Thirst and taste are the primary factors that influence fluid intake.

The thirst sensation in athletes is delayed until an athlete has lost between 1.5 and 2.0 liters of body water and it is too difficult to rehydrate adequately at that point. The goal is for athletes to consume fluids on a schedule before, during and after exercising. With all the "performance" drinks on the market, it's hard to know what can help or hurt you and sometimes you need more than water in order to replace the sodium and potassium that you lose through sweat. It only takes a 2 percent drop in body water to cause a negative impact on performance.

The following factors all have an impact on the rate at which fluids leave the stomach (gastric emptying time) and ultimately get to the working muscles that need them:

- Carbohydrate concentration
- Type of carbohydrate
- Amount of fluid consumed
- Fluid temperature
- Carbonation
- Current hydration state
- Degree of mental stress
- Type of activity

Gastric emptying times decrease when the carbohydrate concentration rises above 7 percent. The average athlete typically will consume beverages with less than 8 percent carbohydrates whereas ultraendurance athletes may "train" with higher percent solutions because their need for carbohydrate replacement is greater. Not only does the concentration have an impact, but the molecular breakdown or type of carbohydrate makes a difference. The longer the length of the carbohydrate chain, the faster it will leave the stomach.

Table sugar will take the greatest amount of time versus a simple starch, thus the reason to read the type of carbohydrate listed in the product you choose. Approximately 14-22 ounces of fluid should be consumed, followed by frequent ingestion to maintain fluid volume in the stomach and a faster gastric emptying time. At a minimum, the volume of fluid weight lost during exercise should be replaced throughout that activity. This requires you to weigh yourself before and after exercise.

It appears that cool fluids leave the stomach faster during exercise, whereas at rest, room temperature is adequate. Only limited research has been conducted on the impact of carbonated fluids and the general consideration is that they are fine except that they do make people feel full, thus decreasing the drive to drink and potential to consume adequate fluids.

Progressive dehydration and increased body temperatures linked with high-intensity activity delays gastric emptying and makes it difficult

for patients to regain an adequately hydrated state. Trying to "catch up" with fluid intake can just result in discomfort.

Increased mental stress and anxiety can also reduce gastric emptying time, sometimes indicating the need for the athlete to learn stress reducing techniques prior to participating in competitive athletic activities. Finally, there are only minor differences in gastric emptying rate between high- and low-intensity activities.

For activities longer than 30-45 minutes, use the various electrolyte replacement drinks before, during and after your training. Use water for shorter duration activities and continue to consume a healthy diet that supplies any lost nutrients.

Sports drinks typically provide sodium and potassium, but may also provide magnesium and calcium; reading each individual nutrition label will tell you what it provides per serving. Keep in mind that these drinks are not calorie-free and should be counted as caloric intake if weight management is an issue.

These lost nutrients can also be replaced with foods found naturally, but typically food intake is decreased after strenuous activity, whereas drinking fluids is easier and more utilized. Hydration status is critical before, during and after activity, so drink up.

Editor's note: Christine Levy holds an MBA, MHA and is a registered and licensed dietician. She serves as Fort Carson's outpatient dietician.



Photos by Sgt. Clint Stein

All fun and games

Above: Isaiah Simpson, right, leads a tricycle-race through an obstacle course of cones during a carnival day celebration in the playground area of the Child Development Center West on Fort Carson June 29.

Right: Emma Oxley tries her hand at fishing for foam animals from a pool during the carnival day celebration put on for pre-school children at the Child Development Center.





Photo by Sgt. Clint Stein

A healthy understanding ...

Col. Michael Resty Jr., Fort Carson garrison commander, signs a memorandum of understanding June 29 with the El Paso County Department of Health and Environment to use the National Strategic Stockpile in case of a public emergency such as pandemic influenza. The memorandum is a collaborative effort between Fort Carson and the county health department as part of a contingency plan for responding to public health emergencies. Using the National Strategic Stockpile will enable Fort Carson and other military installations in the region to sustain medical support to military community members.



Celebration at Ironhorse Park

Directorate of Morale, Welfare and Recreation

Nearly 5,000 people celebrated Independence Day with Fort Carson residents at Ironhorse Park, albeit a day early. This year's celebration, "The Fourth on the Third," was put together by the Directorate of Morale, Welfare and Recreation.

DMWR's Community Events Division Chief Ann Edinger said hosting the event a day early meant that military families could enjoy the festivities on the Mountain Post as well as those going on around the community on the Fourth of July.

"Although the weather was off again, on again (Fort Carson received rain throughout the day), I think the entire community truly enjoyed the event. The NBA Slam Jam was a great addition to this year's festivities and the NBA players did a great job interacting with the community." The Slam Jam was sponsored by the United Services Organization and Toyota. Hall of Fame forward Rick Barry and former Denver Nuggets General Manager Kiki Vandeweghe were on hand as was Nuggets player Carmelo Anthony.



Photo by Karen Linne

Linda Hampton, 8, gets her turn on the bungee jump activity at Fort Carson's Fourth on the Third Celebration Monday.



Photo by Walt Johnson

People young and old were treated to a number of magical tricks by a local magician, center, during the Independence Day celebration at Ironhorse Park.

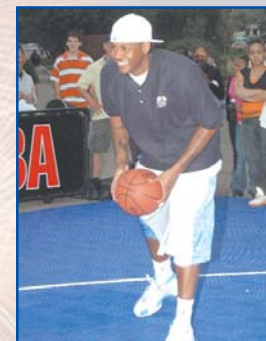


Photo by Walt Johnson

Denver Nuggets forward Carmelo Anthony gets into the fun and pageantry at the post's Independence Day celebration.

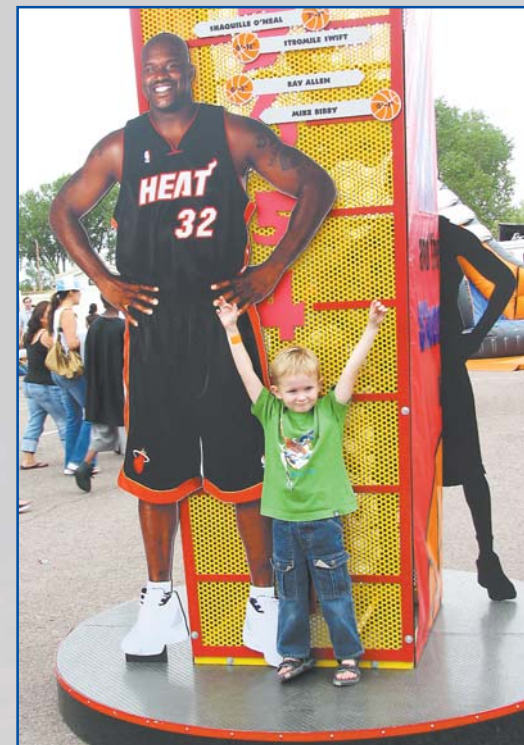


Photo by Karen Linne

Carter Vickers, 4, family member, may not quite measure up to Shaquille O'Neal's height but he has a great time imagining it at the Mountain Post's Fourth on the Third Celebration.



Photo by Karen Linne

Thomas Hart, 4, left, and his brother Ryan, 3, family members, enjoy one of the many children-friendly events at Ironhorse Park.



Photo by Walt Johnson

People move from one point to the next as they take advantage of the variety of activities at the Independence Day celebration on post.



Photo by Karen Linne

Amanda McNutt, 7, family member, puts up a shot during a children's competition Monday.



Photo by Walt Johnson



Photo by Karen Linne

Bella Renon, 9, family member, creates a colorful pinwheel at the children's crafts area at Ironhorse Park Monday.

Alysun Cunningham, right, shows her daughter Jade Atkin the proper way to make a putt during Independence Day celebration activities.

Layout by Jeanne Mazeral




Summer Concert
in the park

every thursday, july 6 - august 10
iron horse park

julio and me - July 6
dwight shaw big band - July 13
the riders - July 20
chase n' the dream - July 27
world's most dangerous band - August 3
blue steel - August 10

*All performances are **FREE** and begin at 6:00 pm*

for more information **526-4494**



ITR Trip to WaterWorld (Denver)

Wednesday, July 15th
8 am - 6 pm
\$30 per person
Transportation included
First come, first served.
Must pay to register/No reservations

Must be 16 years or older to go on the trip without adult supervision.

A waiver must be signed by an adult 18 years or older at the time of registration.

For more information, please call
526-5366

**FORT CARSON AND ADELPHIA COMMUNICATIONS
ARE PROUD TO PRESENT**

MOVIE
Under the STARZ

Come watch movies old and new!

The Legend of Zorro - July 6
Daddy Daycare - July 13
The Adventures of Milo and Otis - July 20
13 Going On 30 - July 27
The Adventures of Shark Boy and Lava Girl - August 3
Zathura - August 10


Every Thursday from July 6 to August 10 at Iron Horse Park.
Admission is **FREE and the show starts right after the Concert.**
Make it a movie night each week with the family.

For more information call 526-4494


Movies provided by:
Adelphia

It's a long way to the top...

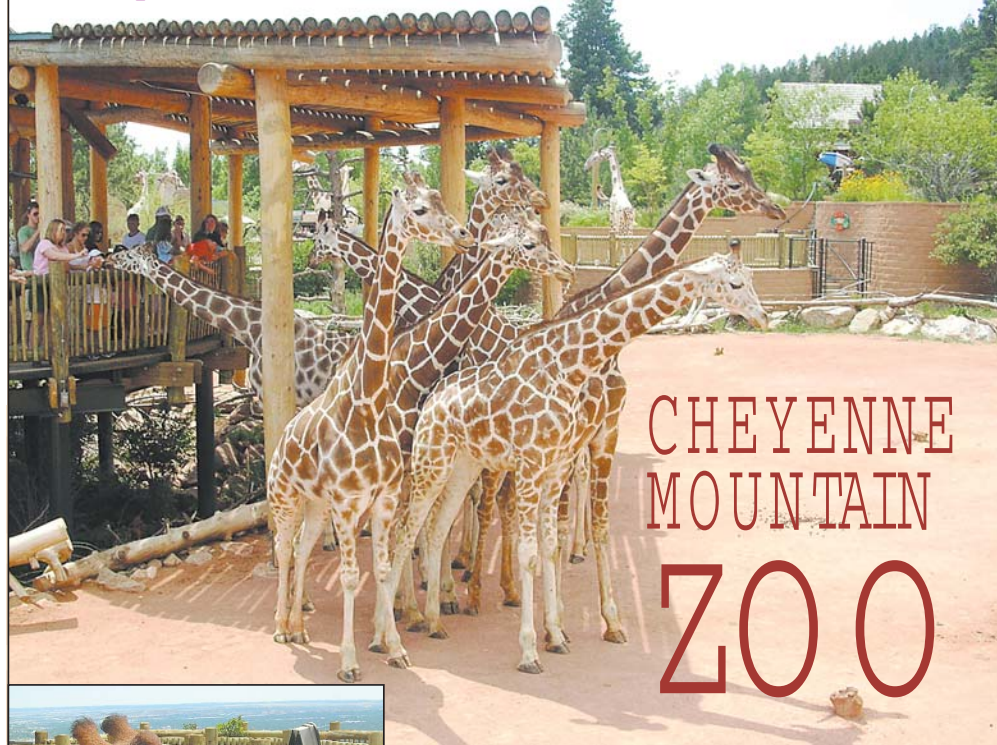
Come and scale the Outdoor Climbing Wall
for
FREE



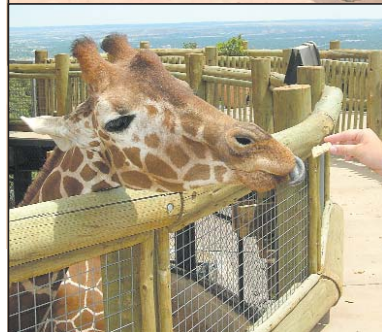
**Every Wednesday
June 28 - August 16
1700 - 2000
Bldg. 2429, Specker Avenue**
All children must be accompanied by an adult
POC: 526-5176



The only mountain zoo in the nation ...



Above: Several of the zoo's giraffes hang out in the African Rift Valley. **Left:** A giraffe goes for a cracker being offered. Visitors are allowed to feed special crackers sole in the African Rift Valley to the giraffes.



Story and photos by Nel Lampe
Mountaineer staff

Cheyenne Mountain Zoo is one of the top zoos in the nation. The zoo is known for its natural habitat exhibits and its large giraffe herd. The zoo is in a park-like setting and includes several play areas for children.

One of the favorite zoo exhibits is the award-winning African Rift Valley. The natural habitat exhibit near the entrance was created as an African-like

valley, with buildings and huts that might have come from Africa. Hidden barriers keep the animals in the exhibit although they seem to roam freely.

Cheyenne Mountain Zoo has the largest herd of giraffes in captivity in the world and they roam around the exhibit. The giraffes are the only

animals in the zoo that visitors can feed. Visitors can buy giraffe crackers at a stand in the valley.

Other animals in the African Rift Valley include African crowned cranes, meerkats, Red River hogs, Colobus monkeys, zebras, antelopes, African ground birds and vultures.

This summer, Cheyenne Mountain Zoo visitors have the chance to learn about Australia at The Wallaby Walkabout.

Included in the exhibit are

wallabies, which are found in Australia, Tasmania and New Guinea. Members of the macropod family, the wallabies live in groups known as mobs. The wallabies keep their young, called joeys, in their pouches.

Red kangaroos, also in the exhibit, are six-feet tall vegetarians. They have large hind legs and feet, and small forelimbs. They use their muscular tails for balance. They also have pouches in which they keep their young.

Large emus round out the exhibit. These large birds weigh up to 90 pounds when grown and run up to 40 mph.

The Wallaby Walkabout is just below the Bird and Reptile House and has a stroller-friendly path through the exhibit.

See **Zoo** on Page 26

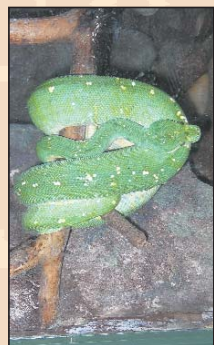
Happening's



Cheyenne Mountain Zoo's "My Big Backyard" is popular with younger children.



African penguins line up in the Aquatics exhibit of the Cheyenne Mountain Zoo.



Places to see in the Pikes Peak area.

July 7, 2006

Zoo

From Page 25

Amur leopards, Amur tigers and Pallas' cats are at home in the Asian Highlands.

Several lions live in The Lions Lair, another natural habitat.

There's a Monkey Pavilion with gibbons, black howler monkeys and black mangabeys near the Colobus Café.

Nearby is the zoo's antique Allan Herschell carousel, one of five antique carousels in Colorado.

Colubus Café has an air-conditioned dining area, a welcome cool retreat on hot summer visits. There are also umbrella-shaded tables near the café. Diners can choose charcoal-broiled hamburgers or cheeseburgers, hot dogs, corn dogs or chicken baskets. Snacks include nachos, fries, ice cream treats, soft drinks and bottled water.

Other places for snacks include the African Rift Valley's Safari Lodge and the Thundergod shop near the entrance.

My Big Backyard is a fantasy playground. Children play among oversize chairs, flowers and watering cans, or visit with the rabbits,



An orangutan shows off for visitors at Primate World.



A lesser kudu, an African antelope, is in the Rift Valley.



Wallabies are in the Cheyenne Mountain Zoo for the summer.

chickens, turkeys and goats. They can walk through the giant tree known as Old Gnarly, to play in the nature-themed playground. They can climb on a giant mushroom, crawl through the large snake or play among the oversize insects and bugs.

The zoo has more than 500 animals of 250 different species. The zoo has 50 species of endangered or threatened animals.

Asiatic black bears, spectacled bears, elephants, snakes and tropical birds are in the zoo.

Visit the Aquatics House to see the penguins and the hippopotamuses.

Primate World is another place to visit and it's where the baby gorilla is. The baby gorilla can be seen

10-11 a.m. and noon-3 p.m. Primate World also houses gorillas, orangutans, marmosets and gibbons.

During the summer, \$5 pony rides are available from 10 a.m.-4 p.m., weather permitting.

Cheyenne Mountain Zoo is one of only a few accredited zoos in the U.S. that doesn't receive public support. The zoo is held in trust for the citizens of Colorado Springs.

Cheyenne Mountain Zoo was started in 1926 by Spencer Penrose, who also owned the nearby Broadmoor Hotel. Penrose donated his private collection of animals, which had been housed on the hotel grounds and at his ranch, which is now Fort Carson's Turkey Creek Ranch.

The antique carousel had been used in the World Fair in Seattle in 1932 before being acquired by Penrose for the zoo.

Cheyenne Mountain Zoo, because of its location on a mountain, has a 120-foot gain in elevation from the entrance to the zoo's highest exhibit, Asian Highlands. Many paths and walkways are steep.

A tram runs through the zoo during summer months, making seven stops. Riders pay \$1 per person but can take unlimited rides. The tram is handicap and stroller accessible, and makes a round trip through the zoo every 15 minutes.

Strollers can be rented near the zoo's entrance.

A large gift shop at the zoo's entrance/exit has animal-themed toys and

gifts. There are also T-shirts, hats and other zoo souvenirs.

The zoo is open every day of the year at 9 a.m., closing at 5 p.m. in winter and at 6 p.m. in summer.

Zoo memberships offer savings for repeated visits and other benefits. Inquire at the admissions desk.

Birthday parties, family reunions or company picnics can be held at the zoo. Rent a site or the whole zoo. Call 633-9925, ext. 127 for information.

The zoo has several special events, including its 18th annual "Teddy Bear Day" July 15-16. On that day children who bring a stuffed animal are admitted for \$1 each. Special teddy bear activities will be from 10 a.m.-3 p.m. There'll be free checkups for the toys.

Other special events are "Fiesta Latina" Aug. 12-13, Military Appreciation Weekend Sept. 16-17, "Boo at the Zoo" in October and the annual "Electric Critters" during the holidays.

Zoo admission is \$12 for anyone older than 12; \$6 for ages 3 to 11; children under 2 are admitted free. Military members get a \$2 discount on adult tickets with identification cards.

To get to the zoo from Fort Carson, take Highway 115 to Lake Avenue (follow the signs for the Broadmoor) to the Broadmoor Hotel. Take a right in front of the hotel and follow the signs for the zoo. The zoo is at 4250 Cheyenne Mtn. Zoo Road. You can also take Interstate 25 to the Circle Drive exit, going west. Circle Drive becomes Lake Avenue and ends in front of the Broadmoor Hotel; follow signs.



A wallaby joey is held by volunteer Tara Kober as Chris Kelley touches it in the zoo's Wallaby Walkabout.



Children play around the cobra mister in the African Rift Valley in Cheyenne Mountain Zoo.



A lowland gorilla plays a game of "monkey see, monkey do" with a zoo visitor.

Just the Facts

- **Travel time:** 15 minutes
- **For ages:** all
- **Type:** zoo
- **Fun factor:** HHHHH (Out of 5 stars)
- **Wallet damage** \$
 \$ = Less than \$20
 \$\$ = \$21 to \$40
 \$\$\$ = \$41 to \$60
 \$\$\$\$ = \$61 to \$80
 (Based on a family of four)





Rodeo parade

The Pikes Peak or Bust annual rodeo parade, with the theme "The Legend Grows," is Saturday in downtown Colorado Springs kicks off the rodeo. The parade begins at 10 a.m. A "Western Heritage Street Festival" follows in Acacia Park. A Mark Wills concert follows at 9 p.m., call 262-7160 for information.

Fort Carson night at the rodeo

The 66th Pikes Peak or Bust Rodeo is Wednesday through July 16 in Norris-Penrose Stadium, on Rio Grande between Eighth and 21st streets. Tickets are at TicketsWest, 576-2626. Fort Carson night is July 14. Soldiers and families get a discount.

National Little Britches Rodeo

Military members and their families get in free at the National Little Britches Rodeo Finals July 18, at 9 a.m. or 6 p.m. at the Pueblo State Fairgrounds in Pueblo. Other performances July 17-22 cost \$1-8.

World Theatre

The Colorado Festival of World Theatre is July 20-30 in various theaters in Colorado Springs and Woodland Park. Featured productions include "Black Comedy," "Talking

Heads," "Toxic Audio," "Frogz," Shakespeare's Villains," and "Emergence-SEE!" "Frogz," set for July 25-29 in Woodland Park at the high school, has discounted tickets for military members and their families. Learn more about the productions and tickets at www.ColoradoFestival.org, (719) 955-2599.

Free concerts

Every Wednesday through Aug. 23, there's a free concert at 6 p.m. in America the Beautiful Park. The park is near Interstate 25 and Bijou Street. Concerts are cancelled in case of rain.

Free Friday concerts are 5-7 p.m. at the park in front of Cinemark Theatre at First and Main Town Center, near Powers Boulevard and North Carefree. Every Friday except July 14, the concerts run through Aug. 18.

There's a free concert in Ironhorse Park at 6 p.m. every Thursday until Aug. 10. Thursday's concert features Dwight Shaw's big band, followed by a free movie.

Academy football

Ready for football? Air Force Academy Falcons football home schedule includes New Mexico Sept. 30, Navy Oct. 7, Colorado State Oct. 12, Brigham Young University Oct. 28, Notre Dame Nov. 11 and Utah Nov. 18. Call the ticket office at 472-1895 or visit www.GoAirForceFalcons.com.

Colorado State Fair
The Colorado State Fair at the State

Fairgrounds in Pueblo runs Aug. 25 through Sep. 4. Concerts at the fair include Rick Springfield, Seether and Trap, Howie Mandel, Blake Shelton, Carrie Underwood, Neil Sedaka, Big and Rich with Cowboy Troy, Los Lonely Boys, Freddy Fender and REO Speedwagon. Tickets range from \$12 to \$30; call 520-9090 or (303) 830tix.

Rockies appreciate military Coors Field has military appreciation

days at Colorado Rockies games with the Milwaukee Brewers in July and August, the New York Mets in August and the Washington Nationals in September. Call (303) ROCKIES to purchase \$6 tickets, identify yourself as an active military member or veteran and provide the reference number: 741532. There's a \$2.50 service charge and a credit card must be used. This offer is not available at Coors Field ticket windows. See the post Web site, www.carson.army.mil for more information.

Sky Sox hosts military Sundays

Sky Sox Baseball Club honors troops with military Sundays. All active duty, retired or activated reservists, national guard and Department of Defense families receive 50 percent off Sunday home game tickets at the box office. Upcoming Sunday games include July 16 vs. Fresno Grizzlies; Aug. 6 vs. Albuquerque Isotopes; Aug. 13 vs. Salt Lake Stingers and Sept. 3 vs. Sacramento River Cats. The stadium is off Powers Boulevard and Barnes Road.



Photo by Nel Lampe

Colorado Renaissance Festival

The Colorado Renaissance Festival at Larkspur, off Interstate 25 at exit 173, is open Saturdays and Sundays, rain or shine, from 10 a.m.-6:30 p.m. The 16th-Century style village is filled with citizens of the realm, speaking in Old English accents. Many visitors join in the fun by wearing medieval style costumes or renting one on site. The festival runs through July 30.

Buster's Baghdad

by Maj. James D. Crabtree

AS A PERSONNEL CLERK, DO YOU REALLY NEED AN "OFFICIAL IRAQI FREEDOM COMBAT KNIFE WITH TITANIUM BLADE AND TENSILE RUBBER GRIP?"

OOOH, LOOK! IT'S EVEN GOT JOHN WAYNE'S SIGNATURE!



SPORTS & LEISURE

Community members keep league strong

Story and photos by
Walt Johnson

Mountaineer staff

If the Fort Carson youth baseball league is to be a success, a valuable asset to the team must be ready to begin the day as early as 6 a.m. in order to be at the field as the teams prepare for a 9 a.m. game.

Not being ready or being late to the game could be the difference between a total learning experience and missing some valuable moments. That is why the parents of the young sluggers take their roles seriously and why they are one of the backbones of the league's success.

"Our parents are really so valuable to our program's success that I don't know if we can say 'thank you' to them enough and let them know how much we appreciate what they do. They have the job of getting our players to the field at the correct game time and they take the time to make sure the kids are at practice at the appropriate times also," said Kristina Cannon, assistant youth sports director.

The parents of the youth center's players can be found on game days rooting on their young players with all the enthusiasm of game seven

of a World Series with obviously much less at stake. In fact, the parents, for the most part, could care less who wins or loses the games as long as their children learn about the game and other facets of life that playing organized sports can teach them.

"I think kids should have something to do other than running the streets doing something they shouldn't be doing. My husband and I think sports are important because it can help keep their minds off bad things and help them concentrate on things that can be good and productive in their lives. It gives my husband and me a lot of satisfaction in seeing our kids coming out to play sports and enjoying themselves," Carrie Cox said.

"When I grew up I played baseball, basketball and soccer and I think it's important at his age to interact with other people. My son Casey is learning how to play nicely and always be a good sportsman.

"I think it will remind him that just like the games there are always rules in life and you need to follow them. Also it will reinforce to him how important it is to work together as a team and be able to help other people out," Erin Kelly-Hellon said.



Erin Kelly-Hellon, right, congratulates LaSteven Brown, wearing No. 2, after he reaches first base.



Members of the Tar Heels patiently wait their turns at bat while rooting for their teammates.



Gloria Tirado, right, gives her son a kiss after he completes his game Saturday at the post youth baseball fields.

See **Baseball** on Page 39

On the Bench

Post to host battalion-level boxing smoker

**Story and photos by
Walt Johnson**

Mountaineer staff

Boxing fans and those who fashion themselves as fighters will want to mark Aug. 18 on the calendar.

The Directorate of Morale, Welfare and Recreation will host a battalion-level boxing smoker at the post Special Events Center with the first bout scheduled to begin at 6 p.m.

The bouts are being set up in the following weight classifications: 112-125 pounds; 126-139 pounds; 140-147 pounds; 148-156 pounds; 157-165 pounds; 166-178 pounds; 179-199 pounds and 200 or more pounds.

Anyone interested in fighting in the event should sign up at the DMWR sports office, bldg 1217, through Aug. 15. For more information on the event contact Lamont Spencer or Joe Lujan at the DMWR sports

office at 526-6630.

Both the men's and women's varsity softball teams are looking for a few good players.

Both teams are feeling the pinch of summer rotations and military commitments that have robbed them of players for the upcoming summer playing season. Any player who would like to play on the varsity men's or women's softball teams should contact Bill Reed at the post Special Events Center at 524-1163.

Take a trip to the Cheyenne Shadows Golf Course on post and you are likely to see people of all ages out enjoying themselves on one of the top courses in this area.

Saturday, Col. (Dr.) John Cho and his two sons were on the links doing what they have come to love to do with the



Photo by Walt Johnson

Family golf

Col. (Dr.) John Cho and his sons Brad, left, and James enjoy a day on the golf course Saturday.



Photo by Walt Johnson

Coach of the week

Youth Center coach Maria Runyon goes over the lineup with her team prior to its baseball game at Red Sox field on post Saturday.

Bench

From Page 32

family bonding time they get, play golf. Cho said the chance to get on the links is something his sons enjoy. That enjoyment comes from the lessons they are learning during the summer and the chance they get to be around dad, who, according to youngest son Brad, is their inspiration for doing good things in sports and life.

"The most wonderful thing for young people here is the youth golf pass. For \$50 the kids can golf all they want for the entire summer. The people who are associated with the golf course are wonderful about encouraging golf, especially for the children here. I believe you can't beat that and that is taking care of our community in my opinion and our kids enjoy it. Their favorite player is Tiger Woods. They love watching Tiger and he is our inspiration. They want to be like Tiger. It's wonderful to be out on a Saturday and any time I can spend time with the children is a good time," Cho said.

Anyone interested in playing doubles tennis matches will want to be at the Mountain Post Sports Complex June 22 when the Directorate of Morale, Welfare and Recreation will host its doubles tennis tournament. According to Steve Hollister, DMWR sports, matches will be played from 9 a.m.-1 p.m. "The first few Saturdays will be used to assess skill levels and the games will consist of one set of matches," Hollister said. Doubles matches will be held about once a month. For more information on the program contact Hollister at 526-1023.

The Colorado Springs Flames, a semipro football team that features members of the military community in Colorado Springs, next home

Mountaineer Sports Feature

Running hard

Members of the Colorado Springs/Fort Carson Rugby Football Club go through a practice session July 28 at the Air Force Academy. The club is looking for players. Anyone interested in being a part of the rugby team can come out to the field to the north of the Cadet Fieldhouse on the Air Force Academy and participate in some touch sessions from 6:30 p.m. until dark each Tuesday and Thursday, according to Mike McMaster, the team's coach. Contact McMaster at 526-1589 or e-mail michael.mcmaster@carson.army.mil.



Photo by Walt Johnson

Mountaineer Varsity Sports



We score

Lady Mountaineers player Rachel Travis, center, crosses the plate to score a run during the Lady Mountaineers game June 27 at Skyview Softball Complex in Colorado Springs. The Lady Mountaineers will be in action again Wednesday when it takes on AWASP at 7 p.m. and Noreaster at 8 p.m. at Skyview Softball Complex.

Photo by Walt Johnson

Mountaineer Sports Feature

NBA visit

Denver Nuggets' superstar Carmelo Anthony, right, addresses the crowd and reporters at Ironhorse Park during the post July Fourth celebration Monday. Joining Anthony at the event, which featured many basketball-related activities, were Kiki Vandeweghe, former Nuggets general manager, left, and Rick Barry, NBA Hall of Famer. The trio spent close to five hours helping kids learn the game of basketball through activities and posing with members of the community who took pictures of a replica of the NBA championship trophy.





Henry Floyd, a parent and coach, points one of his players toward first base after hitting the ball Saturday at the youth baseball complex.

Baseball

From Page 31

The youth league serves children from 3-16 years of age. This is one of the few leagues that has a program that lets children as young as 3 learn the game of baseball and other sports during the year.

Paul Medley has a son who plays in the 3-4 year old Bam-Bam league and he said a program like this is invaluable for the young athletes.

"My son is 3 and about to turn 4 and I have never been in a place where 3 and 4 year-old kids can get out and hit the ball, run around the bases and learn to throw the ball.

"It's good to build camaraderie, social skills and teamwork. I would like to talk to the people that thought of creating a Bam- Bam league and thank them because I think it's a concept that should be all over the country.

"It's hard to get your kids involved in structured sports at this age. Normally kids start learning the game when they are 5 and 6 while they get involved with T-ball so this gives them a good start on learning the game," Medley said.

Cox said she and her husband love watching their children play youth sports and the youth league extends beyond the playing field

for her family. She said sports are a part of the bonding process for her family and sports play a valuable role in helping her husband and her communicate with their children.

"It gives my husband and me a lot of satisfaction to be able to watch our children play youth sports here and even more important to watch them have fun. My son Marcellus has been playing since he was 3 years old and I just enjoy watching him play because I think he is good at playing the game and I think he has a lot of potential to play sports well.

"When we are at home we watch baseball games, football games, soccer games and other sports as a family. That is one of the ways we bond; we are a sports family," Cox said.

Hellon said she not only gets a thrill out of watching her children develop because of the youth sports program, but she also gets a thrill out of helping other young athletes. "I find myself adopting the other kids as well.

"They are just a great bunch and they are all learning at the same time. They all like playing with each other. It's also easy for me to relate to the other players on the opposing teams because they all are learning at this stage and they all need our help," she said.

Mountaineer Sports Standings

American League

Team Name	W	L
A Co, 2/2 STB	5	0
HHC, 7th ID	8	2
3rd ACR, ABA	9	3
Maint Co/RSSS	7	3
MEDDAC	4	4
43rd ASG	1	1
D Co, 2 BSB	1	1
59th QM	1	1
D Co, 1/3	1	2
A Co, 1/9	1	4
68th CSB	0	3
230th Finance	1	10



National League

Team Name	W	L
43rd CEC	2	0
HHC, 1/12 Inf	4	1
1st MOB	5	4
71st OD GP	4	4
S & T Troop	4	5
89th Chem	4	5
7th ID, IRT Co	4	5
HHC USAG	2	8
3/61 Cav	1	2
O Troop, 4/3	1	5
13th ASOS	0	2
HHC, 43rd ASG	0	2

Photo by Walt Johnson

Supply and Transportation's second baseman, right, fires to first just missing a double play during recent coed action at the Mountain Post Sports Complex.

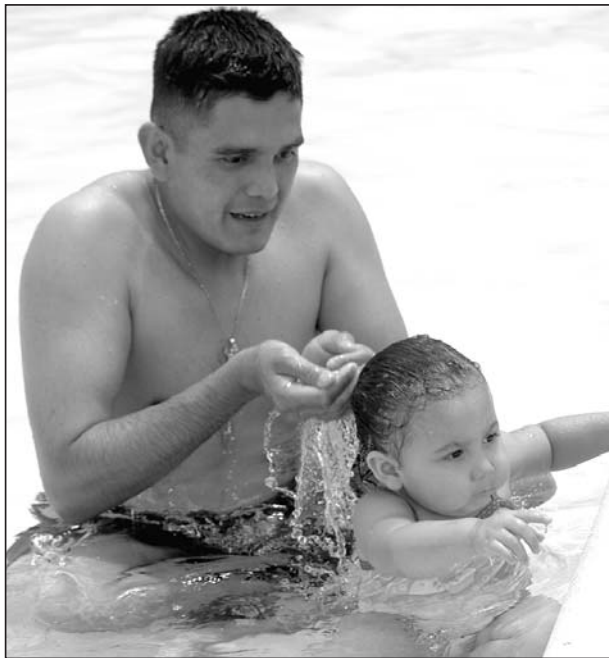


Photo by Walt Johnson

Cooling off

Fort Carson's Julio Fernandez, rear, plays with his daughter Milena, in the kiddie pool at the post outdoor pool facility Saturday.

Bench

From Page 34

game will be July 22 when the team will host the Mile High Grizzlies at Fountain-Fort Carson High School's Guy Barrickman Stadium on the high school campus.

Tickets will be available for purchase at the gate starting at 6 p.m. The ticket prices are: \$4 for adults, \$3 for children 10-17 and free for children under 10.

Rocky Mountain State Games officials are looking for volunteers. The Rocky Mountain State Games will be played Aug. 4-6 at the Mountain Post and in the Colorado Springs and Denver areas. Volunteers are needed for events ranging from opening ceremonies to athlete check in, information booths, setting up and tearing down events, course guards, crowd control and traffic direction, scoring, timing, hospitality awards ceremonies, tabulating results and other activities. If you want to volunteer or want more information contact state games officials at 634-7333, extension 1009.

Some of the Rocky Mountain State Games events will take place at Fort Carson. The events scheduled to be held at the Mountain Post facilities are: bowling, flag

football, golf, power lifting and wrestling. Events scheduled to be held at the Air Force Academy are: archery, judo, flag football (seven on seven), soccer, tennis and track and field.

The post running team is looking for runners to help form this year's squad.

The team trains year-round in order to compete in local and national races. Any runner interested in being a part of the team should show up at the center at 6 a.m. on Tuesday, Wednesday and Thursday at the Special Events Center. Contact Martin Wennblom at 330-0554 or Bill Reed at 524-1163.

The Colorado Rockies' next military appreciation day at Coors Field will be July 31 and Aug. 1-2 when the Milwaukee Brewers will be in town.

The Rockies are offering discount tickets in the outfield box, pavilion or upper reserved infield seating area for just \$6 per ticket. Call (303) 762-5437 and say you are calling for the military appreciation days tickets. These tickets will not be available at the stadium ticket windows. You must state that you are an active member of the U.S. military or a veteran and provide reference number 741532.